

# Instructions for Doing The Work

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Investigate each of your statements from the Judge-Your-Neighbor Worksheet using the four questions and the turnaround below. The Work is meditation. It's about awareness; it's not about trying to change your mind. Let the mind ask the questions, then contemplate. Take your time, go inside, and wait for the deeper answers to surface.

## The Four Questions

1. Is it true?
2. Can you absolutely know that it's true?
3. How do you react when you believe that thought?
4. Who would you be without the thought?

Here is an example of how the four questions might be applied to the statement, "Paul should understand me."

1. Is it true? Is it true he should understand you? Be still. Wait for the heart's response.
2. Can you absolutely know that it's true? Ultimately, can you really know what he should or shouldn't understand? Can you absolutely know what is in his best interest to understand?
3. How do you react when you believe that thought? What happens when you think "Paul should understand me" and he doesn't? Do you experience anger, stress, frustration? Do you give him "the look"? Do you try to change him in any way? How do these reactions feel? Does that thought bring stress or peace into your life? Be still as you listen.
4. Who would you be without the thought? Close your eyes. Picture yourself in the presence of the person you want to understand you. Now imagine looking at that person, just for a moment, without the thought, "I want him to understand." What do you see? What would your life look like without that thought?

## The Turnaround

Next, turn your statement around. The turnarounds are an opportunity to consider the opposite of what you believe to be true. You may find several turnarounds.

For example, *Paul should understand me* turns around to:

- *Paul shouldn't understand me.* (Isn't that reality sometimes?)
- *I should understand me.* (It's my job, not his.)
- *I should understand Paul.* (Can I understand that he doesn't understand me?)

Let yourself fully experience the turnarounds. Ask yourself if any of your turned-around versions seem as true as or truer than your original thought, and if they do, find three genuine ways in which each of them is true. This is not about blaming yourself or feeling guilty. It's about discovering alternatives that can bring you peace.

## The Turnaround to Number 6

The turnaround to statement number 6 is a little different.

*I don't ever want to experience an argument with Paul again* turns around to:

- *I am willing* to experience an argument with Paul again, and
- *I look forward* to experiencing an argument with Paul again.

Number 6 is about welcoming all your thoughts and experiences with open arms. If you feel any resistance to a thought, your Work is not done. When you can honestly look forward to experiences that have been uncomfortable, there is no longer anything to fear in life; you see everything as a gift that can bring you self-realization.

*For more information about The Work, read Loving What Is and visit [www.TheWork.com](http://www.TheWork.com).*